



Waiver and Agreement

I will select the activities I will perform in order to earn an award or certificate.

I will not attempt to perform any activity until I have made certain that I can perform it safely.

No one is authorized by the Program to: (i) advise as to the safety of any activity, or as to whether I am prepared to perform it safely, or (ii) supervise or exercise any control or authority over me or any other participant.

- I hereby release and hold harmless each of the individuals and legal entities involved in the Program from any and all liability of any kind for any injury I might suffer while performing any activity in connection with the Program.
- Information about me and my participation in the Program may be publicized by the Program.
- This agreement shall remain in effect as long as I am participating in the Program.

Participant _____

Date _____

Signature _____

Parents/Guardians Acknowledgment*

We are the parents or legal guardians of the Congressional Award Participant listed above. We have read the foregoing Waiver and Agreement, and we agree on behalf of ourselves and the participant to the terms thereof. We will assure ourselves that the participant is aware of the risks involved in each activity and we take full responsibility in lieu of the Program for each activity.

Parent/Guardian _____

Date _____

Signature _____

* Required for all candidates who are not considered adults under their state law —generally all who are under 18 years old.

The Congressional Award Registration Form

Member of Congress _____

School Attending _____

Sponsoring Organization TXO GROUP 130 CAP

(if applicable-e.g. 4-H, BSA, GSUSA, USAF, HOBY etc.)

Participant's Name _____

Date of Birth _____

Gender ☐ male ☐ female

Address _____

City/State/ZIP _____

Phone _____

E-mail _____

Advisor's Name _____

Address _____

Phone _____

E-mail _____

How did you hear about The Congressional Award?

For questions e-mail us at: information@congressionalaward.org

Participant's Signature _____

Date _____

Send completed form,
\$10 registration fee and signed waiver to:
The Congressional Award Foundation
P.O. Box 77440, Washington, DC 20013
Telephone: 202-226-0130

Make checks payable to The Congressional Award

Note: If you have previously registered, you do not need to register again.

Join thousands of young people already earning The Congressional Award.

It's for you! Do any of the following describe...

...things you do? ...things you like to do?



Here are the guidelines to earn The Congressional Award. Hours dedicated to earning an award at one level are carried to the next level. Along your way to the Gold Medal, you will earn the Bronze, Silver and Gold Certificate and Bronze and Silver Medal. You can register for the program at the age of 13 years and 6 months. The minimum age to earn an award is 14 and you must achieve your goals by your 24th birthday.

Certificate

Bronze 30 hours of volunteer public service;
15 hours of personal development;
15 hours of physical fitness; and
One-day expedition/exploration activity.

Silver 60 hours of volunteer public service;
30 hours of personal development;
30 hours of physical fitness; and
Two-day expedition/exploration activity.

* **Gold** 90 hours of volunteer public service;
45 hours of personal development;
45 hours of physical fitness; and
Three-day expedition/exploration activity.

Medal

* **Bronze** 100 hours of volunteer public service;
50 hours of personal development;
50 hours of physical fitness; and
Expedition/Exploration activity-
Including a minimum of one overnight.

* **Silver** 200 hours of volunteer public service;
100 hours of personal development;
100 hours of physical fitness; and
Expedition/Exploration activity-
Including a minimum of two consecutive overnights.

* **Gold** 400 hours of volunteer public service;
200 hours of personal development;
200 hours of physical fitness; and
Expedition/Exploration activity-
Including a minimum of four consecutive overnights.

* These levels have a minimum time requirement

Please note that you may begin counting hours once you have registered. Hours accumulated prior to registration cannot count toward the Award. Participants must complete activities in all four program areas.

**For more information or to register online,
please visit www.congressionalaward.org**

Outward Bound

Aerobics

Part-time Jobs

Field Hockey

Baseball

Police Auxiliary

FBLA

Bicycling

Reading

Habitat for Humanity

Rotaract

Happy Hats

HOBY

Boy Scouts

Softball

Interact

Camping

Swimming

Key Club

Circle K

Tutoring

Leadership Programs

Literacy Programs

Marching Band

Dance

American Legion

Painting

Exploring

Archery

Photography

Football

Basketball

Public Speaking

Girl Scouts

Big Brothers And Big Sisters

Red Cross

Boys and Girls Clubs

Running

Sewing

Hospital Volunteer

Camp Fire

Soccer

Junior Achievement

Canoeing

Tennis

Learning for Life

Civil Air Patrol

Weight Lifting

Woodworking

YMCA

Many Congressional Award recipients do them too! They also do lots of other things—sometimes in groups, sometimes on their own. You get to decide for yourself!

The Award

The Congressional Award is about challenge. It is a fun and interesting way to get more involved in something you already enjoy or something you would like to try for the first time. To earn the Award, you set goals in four areas: volunteer public service; personal development; physical fitness and expedition/exploration. You select an adult advisor who will help you set challenging but achievable goals and plan activities to reach those goals. Then you are on your way to earning The Congressional Award.

The Four Program Areas

- **Volunteer Public Service**—providing volunteer public service to others and the community
- **Personal Development**—developing personal interest, social or employment skills
- **Physical Fitness**—improving quality of life through fitness activities
- **Expedition/Exploration**—undertaking a wilderness or venture experience